

1. Record Nr.	UNINA9910462900303321
Autore	Flaxman Paul Edward
Titolo	The mindful and effective employee [[electronic resource]] : an acceptance and commitment therapy training manual for improving well-being and performance / / Paul E. Flaxman, PhD, Frank W. Bond, PhD, and Fredrik Livheim, MS
Pubbl/distr/stampa	Oakland, CA, : New Harbinger Publications, Inc., c2013
ISBN	1-60882-022-X
Descrizione fisica	1 online resource (282 p.)
Altri autori (Persone)	BondFrank W LivheimFredrik
Disciplina	158.7/2
Soggetti	Psychology, Industrial Acceptance and commitment therapy Job stress Personnel management - Psychological aspects Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Foreword; Acknowledgments; Introduction; CHAPTER 1; The Prevalence and Impact of Psychological Distress in the Workplace; CHAPTER 2; What Is ACT?; CHAPTER 3; The Rationale for Applying ACT in the Workplace; CHAPTER 4; Practical Considerations and Program Overview; CHAPTER 5; Training Session 1: Opening Presentation and Introduction to Mindfulness and Values-Based Action Skills; CHAPTER 6; Training Session 2: Untangling from Internal Barriers to Values-Based Action; CHAPTER 7; Training Session 3: Consolidating Mindfulness and Values-Based Action Skills; CHAPTER 8 ACT Trainer Stance and Skills CHAPTER 9; Research Review; CHAPTER 10; The Evolution of ACT in the Workplace: The Leading Edge and Beyond; Handouts; Handout 1: Define Your Values; Handout 2: Values, Goals, and Actions Worksheet; Handout 2a: Values, Goals, and Actions Worksheet (Work Example); Handout 2b: Values, Goals, and Actions Worksheet (Relationship Example); Handout 3: Home Practice (To be completed between Sessions 1 and 2); Handout 4: Untangling from

Thought Barriers to Values-Based Action; Handout 5: Values, Goals, and Actions Map
Handout 6: Home Practice (To be completed between Sessions 2 and 3)
Handout 7: Assessing Value Consistency; Handout 8: Home Practice (To keep things going now that the program has finished!); References; Index

Sommario/riassunto	The Mindful and Effective Employee presents a powerful three-session acceptance and commitment therapy (ACT) program for reducing workplace stress and increasing employee effectiveness. Psychologists and human resource professionals will use this program to conduct employee training in workplace settings.
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2. Record Nr.	UNINA9910309257203321
Autore	Bruni, Renato <1969->
Titolo	Mirabilia : la botanica nascosta nell'arte / Renato Bruni
Pubbl/distr/stampa	Torino, : Codice edizioni, c2018
ISBN	978-88-7578-766-0
Descrizione fisica	XIII, 266 p. : ill. ; 21 cm
Disciplina	581 704.943
Locazione	FAGBC SC1
Collocazione	60 704.943 BRUR 2018 SAG-BRU-1
Lingua di pubblicazione	Italiano
Formato	Materiale a stampa
Livello bibliografico	Monografia

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| 3. | Record Nr. | UNISALENTO991000779979707536 |
| | Autore | Castaneda, Carlos |
| | Titolo | A scuola dallo stregone / Carlos Castaneda |
| | Pubbl/distr/stampa | Roma : Astrolabio, c1970 |
| | Descrizione fisica | 212 p. ; 21 cm |
| | Disciplina | 299.792 |
| | Soggetti | Religioni - Indiani Yaqui
Sciamanismo |
| | Lingua di pubblicazione | Italiano |
| | Formato | Materiale a stampa |
| | Livello bibliografico | Monografia |
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| 4. | Record Nr. | UNINA9910566484703321 |
| | Autore | Nam Hyoungsik |
| | Titolo | Machine Learning in Sensors and Imaging |
| | Pubbl/distr/stampa | Basel, : MDPI - Multidisciplinary Digital Publishing Institute, 2022 |
| | Descrizione fisica | 1 online resource (302 p.) |
| | Soggetti | History of engineering & technology
Technology: general issues |
| | Lingua di pubblicazione | Inglese |
| | Formato | Materiale a stampa |
| | Livello bibliografico | Monografia |
| | Sommario/riassunto | Machine learning is extending its applications in various fields, such as image processing, the Internet of Things, user interface, big data, manufacturing, management, etc. As data are required to build machine learning networks, sensors are one of the most important |

technologies. In addition, machine learning networks can contribute to the improvement in sensor performance and the creation of new sensor applications. This Special Issue addresses all types of machine learning applications related to sensors and imaging. It covers computer vision-based control, activity recognition, fuzzy label classification, failure classification, motor temperature estimation, the camera calibration of intelligent vehicles, error detection, color prior model, compressive sensing, wildfire risk assessment, shelf auditing, forest-growing stem volume estimation, road management, image denoising, and touchscreens.
